

<b>2019 Pacific Northwest Spring Speedo Sectional Time Standards</b>						
<b>March 14-17, 2019 in Federal Way, WA</b>						
<b>Women</b>				<b>Men</b>		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.68	27.47	28.27	50 Fr	22.03	24.34	25.47
53.45	58.82	1:01.05	100 Fr	47.89	52.85	55.48
1:55.74	2:07.51	2:12.43	200 Fr	1:45.18	1:56.45	2:01.85
5:13.13	4:30.36	4:43.21	4/500 Fr	4:49.15	4:10.29	4:23.21
10:52.09	9:27.77	9:48.19	8/1000 Fr	10:10.58	8:54.20	9:19.51
18:19.78	18:07.90	18:54.49	1500/1650	17:13.16	16:49.75	17:42.01
59.39	1:06.27	1:09.34	100 Bk	53.87	59.83	1:03.98
2:07.80	2:22.92	2:28.61	200 Bk	1:58.15	2:12.46	2:20.40
1:07.76	1:14.49	1:19.93	100 Br	59.99	1:05.79	1:12.74
2:27.99	2:42.66	2:54.37	200 Br	2:12.85	2:25.44	2:39.72
58.44	1:04.17	1:06.52	100 Fly	52.26	58.22	1:00.01
2:11.77	2:26.01	2:32.74	200 Fly	1:58.55	2:11.74	2:18.79
2:10.69	2:24.21	2:31.47	200 IM	1:58.31	2:10.74	2:18.24
4:39.34	5:08.00	5:21.68	400 IM	4:13.70	4:41.00	4:58.15
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

<b>2019 Four Corners Spring Speedo Sectional Time Standards</b>						
<b>March 21-24, 2019 in Phoenix, AZ</b>						
<b>Women</b>				<b>Men</b>		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.99	27.76	28.44	50 Fr	22.41	24.72	25.79
53.71	59.04	1:01.26	100 Fr	48.46	53.27	55.89
1:56.22	2:07.92	2:12.75	200 Fr	1:45.84	1:56.48	2:02.20
5:13.17	4:29.34	4:43.21	4/500 Fr	4:49.98	4:10.18	4:23.21
10:52.09	9:27.35	9:48.19	8/1000 Fr	10:10.58	8:53.74	9:19.51
18:19.78	18:07.11	18:54.49	1500/1650	17:13.16	16:53.43	17:45.59
59.50	1:06.33	1:09.54	100 Bk	54.42	1:00.66	1:04.26
2:07.80	2:22.78	2:29.20	200 Bk	1:58.45	2:12.65	2:20.40
1:08.46	1:15.15	1:20.46	100 Br	1:01.53	1:07.35	1:13.70
2:29.07	2:43.68	2:54.86	200 Br	2:15.19	2:27.80	2:40.88
58.86	1:04.55	1:06.87	100 Fly	53.46	59.43	1:00.97
2:12.26	2:26.43	2:32.74	200 Fly	2:00.94	2:14.37	2:20.25
2:11.81	2:25.85	2:32.19	200 IM	1:59.85	2:12.30	2:19.28
4:39.34	5:07.75	5:21.68	400 IM	4:18.37	4:45.76	5:00.19
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

<b>2019 Western Region Summer Speedo Sectional Time Standards</b>						
<b>July 18-21, 2019 in Gresham, OR</b>						
<b>Women</b>				<b>Men</b>		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.55	27.30	28.14	50 Fr	22.05	24.35	25.49
53.09	58.20	1:00.69	100 Fr	47.70	52.60	55.29
1:54.86	2:06.54	2:11.55	200 Fr	1:44.33	1:55.49	2:01.00
5:09.03	4:26.82	4:39.11	4/500 Fr	4:45.94	4:07.51	4:20.00
10:46.09	9:22.55	9:42.19	8/1000 Fr	10:03.86	8:48.32	9:12.79
18:09.88	17:58.11	18:44.59	1500/1650	17:03.26	16:44.43	17:36.59
58.99	1:05.55	1:08.94	100 Bk	53.55	59.47	1:03.66
2:07.19	2:21.52	2:28.00	200 Bk	1:56.75	2:10.89	2:19.00
1:07.46	1:14.11	1:19.63	100 Br	1:00.35	1:06.12	1:13.10
2:27.11	2:41.52	2:53.49	200 Br	2:12.81	2:24.54	2:39.68
58.19	1:03.73	1:06.27	100 Fly	52.62	58.62	1:00.37
2:10.19	2:24.26	2:31.16	200 Fly	1:58.81	2:11.94	2:19.05
2:09.73	2:23.08	2:30.51	200 IM	1:57.77	2:10.12	2:17.70
4:36.50	5:04.87	5:18.84	400 IM	4:13.34	4:40.45	4:57.79
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

